

Statistics Report 36060, ON THE BORDER, soft taco with ground beef, cheese and lettuce

Report Date: December 05, 2015 12:01 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	53.83	--	1.150	51.49	56.83	3.0	50.169	57.491	1	Analytical or derived from analytical	--	05/2014
Energy	kcal	229	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Energy	kJ	959	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Protein ¹	g	13.19	--	0.133	13	13.56	3.0	12.765	13.609	1	Analytical or derived from analytical	--	05/2014
Total lipid (fat) ¹	g	11.05	--	0.449	9.87	11.91	3.0	9.622	12.477	1	Analytical or derived from analytical	--	05/2014
Ash ¹	g	2.65	--	0.042	2.54	2.74	3.0	2.519	2.786	1	Analytical or derived from analytical	--	05/2014
Carbohydrate, by difference	g	19.28	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fiber, total dietary ¹	g	1.8	--	--	1.8	1.8	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Sugars, total ¹	g	1.84	--	--	1.74	1.95	1.0	--	--	1	Analytical or derived from analytical	--	05/2014

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Sucrose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Glucose (dextrose) 1	g	0.65	--	--	0.59	0.71	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Fructose 1	g	0.55	--	--	0.46	0.64	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Lactose 1	g	0.18	--	--	0.18	0.18	--	--	--	1	Analytical or derived from analytical	--	05/2014
Maltose 1	g	0.39	--	--	0.34	0.43	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Galactose 1	g	0.07	--	--	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	05/2014
Starch 1	g	12.30	--	--	9.7	14.9	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Minerals													
Calcium, Ca 1	mg	123	--	7.382	114	145	3.0	99.506	146.494	1	Analytical or derived from analytical	--	05/2014
Iron, Fe 1	mg	1.94	--	0.077	1.76	2.1	3.0	1.699	2.191	1	Analytical or derived from analytical	--	05/2014
Magnesium, Mg 1	mg	30	--	0.504	28	30	3.0	27.921	31.129	1	Analytical or derived from analytical	--	05/2014

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Phosphorus, P 1	mg	188	--	3.969	176	194	3.0	174.87	200.13	1	Analytical or derived from analytical	--	05/2014
Potassium, K 1	mg	274	--	7.365	263	295	3.0	250.06	296.94	1	Analytical or derived from analytical	--	05/2014
Sodium, Na 1	mg	646	--	5.297	632	657	3.0	628.891	662.609	1	Analytical or derived from analytical	--	05/2014
Zinc, Zn 1	mg	1.97	--	0.096	1.77	2.21	3.0	1.663	2.272	1	Analytical or derived from analytical	--	05/2014
Copper, Cu 1	mg	0.130	--	0.004	0.12	0.14	3.0	0.118	0.143	1	Analytical or derived from analytical	--	05/2014
Manganese, Mn 1	mg	0.377	--	0.013	0.34	0.4	3.0	0.336	0.418	1	Analytical or derived from analytical	--	05/2014
Selenium, Se 1	µg	23.0	--	--	18.9	27.1	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Vitamins													
Thiamin 1	mg	0.160	--	--	0.13	0.19	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Riboflavin 1	mg	0.220	--	--	0.21	0.23	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Niacin 1	mg	2.785	--	--	2.74	2.83	1.0	--	--	1	Analytical or derived from analytical	--	05/2014

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Pantothenic acid ¹	mg	0.460	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Vitamin B-6 ¹	mg	0.125	--	--	0.12	0.13	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Folate, total ¹	µg	40	--	--	36	45	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Vitamin B-12 ¹	µg	1.15	--	--	1.1	1.2	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Vitamin A, RAE	µg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Carotene, beta ¹	µg	53	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Carotene, alpha ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Cryptoxanthin, beta ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Vitamin A, IU	IU	89	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Lycopene ¹	µg	686	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

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Lutein + zeaxanthin ¹	µg	28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Vitamin E (alpha-tocopherol) ¹	mg	0.44	--	--	0.39	0.5	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Tocopherol, beta ¹	mg	0.03	--	--	0	0.06	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Tocopherol, gamma ¹	mg	1.16	--	--	0.97	1.36	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Tocopherol, delta ¹	mg	0.27	--	--	0.25	0.3	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Lipids													
Fatty acids, total saturated	g	4.848	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
4:0 ¹	g	0.080	--	0.008	0.07	0.1	3.0	0.055	0.106	1	Analytical or derived from analytical	--	05/2014
6:0 ¹	g	0.058	--	0.006	0.05	0.08	3.0	0.039	0.076	1	Analytical or derived from analytical	--	05/2014
8:0 ¹	g	0.036	--	0.003	0.03	0.05	3.0	0.025	0.047	1	Analytical or derived from analytical	--	05/2014
10:0 ¹	g	0.092	--	0.009	0.08	0.12	3.0	0.063	0.122	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.110	--	0.010	0.1	0.14	3.0	0.078	0.143	1	Analytical or derived from analytical	--	05/2014
14:0 1	g	0.477	--	0.034	0.43	0.57	3.0	0.368	0.585	1	Analytical or derived from analytical	--	05/2014
15:0 1	g	0.058	--	0.004	0.05	0.07	3.0	0.046	0.071	1	Analytical or derived from analytical	--	05/2014
16:0 1	g	2.390	--	0.097	2.18	2.65	3.0	2.081	2.698	1	Analytical or derived from analytical	--	05/2014
17:0 1	g	0.080	--	0.004	0.07	0.09	3.0	0.066	0.094	1	Analytical or derived from analytical	--	05/2014
18:0 1	g	1.425	--	0.055	1.27	1.53	3.0	1.249	1.601	1	Analytical or derived from analytical	--	05/2014
20:0 1	g	0.021	--	0.001	0.02	0.02	3.0	0.017	0.025	1	Analytical or derived from analytical	--	05/2014
22:0 1	g	0.014	--	0.001	0.01	0.02	3.0	0.011	0.016	1	Analytical or derived from analytical	--	05/2014
24:0 1	g	0.007	--	0.000	0.01	0.01	3.0	0.006	0.008	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total monounsaturated	g	4.464	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014

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14:1 1	g	0.067	--	0.005	0.06	0.08	3.0	0.052	0.083	1	Analytical or derived from analytical	--	05/2014
15:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
16:1 undifferentiated 1	g	0.219	--	0.018	0.18	0.26	3.0	0.161	0.277	1	Analytical or derived from analytical	--	05/2014
16:1 c 1	g	0.193	--	0.017	0.15	0.24	3.0	0.137	0.248	1	Analytical or derived from analytical	--	05/2014
16:1 t 1	g	0.026	--	0.003	0.02	0.03	3.0	0.018	0.035	1	Analytical or derived from analytical	--	05/2014
17:1 1	g	0.045	--	0.003	0.04	0.06	3.0	0.034	0.056	1	Analytical or derived from analytical	--	05/2014
18:1 undifferentiated 1	g	4.105	--	0.121	3.87	4.38	3.0	3.721	4.488	1	Analytical or derived from analytical	--	05/2014
18:1 c 1	g	3.448	--	0.103	3.21	3.66	3.0	3.121	3.775	1	Analytical or derived from analytical	--	05/2014
18:1 t 1	g	0.657	--	0.026	0.59	0.71	3.0	0.574	0.739	1	Analytical or derived from analytical	--	05/2014
20:1 1	g	0.027	--	0.001	0.02	0.03	3.0	0.023	0.031	1	Analytical or derived from analytical	--	05/2014

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22:1 undifferentiated ¹	g	0.001	--	0.000	0	0	3.0	--	0.001	1	Analytical or derived from analytical	--	05/2014
22:1 c ¹	g	0.001	--	0.000	0	0	3.0	--	0.001	1	Analytical or derived from analytical	--	05/2014
22:1 t ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
24:1 c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total polyunsaturated	g	1.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
18:2 undifferentiated ¹	g	0.915	--	0.052	0.84	1.06	3.0	0.751	1.079	1	Analytical or derived from analytical	--	05/2014
18:2 n-6 c,c ¹	g	0.742	--	0.045	0.68	0.88	3.0	0.599	0.884	1	Analytical or derived from analytical	--	05/2014
18:2 CLAs ¹	g	0.043	--	0.003	0.04	0.05	3.0	0.032	0.054	1	Analytical or derived from analytical	--	05/2014
18:2 t not further defined ¹	g	0.131	--	0.009	0.11	0.15	3.0	0.101	0.161	1	Analytical or derived from analytical	--	05/2014
18:3 undifferentiated ¹	g	0.058	--	0.002	0.05	0.06	3.0	0.051	0.064	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) ¹	g	0.055	--	0.003	0.05	0.06	3.0	0.047	0.064	1	Analytical or derived from analytical	--	05/2014
18:3 n-6 c,c,c ¹	g	0.002	--	0.001	0	0	3.0	--	0.003	1	Analytical or derived from analytical	--	05/2014
18:3i ¹	g	0.001	--	0.000	0	0	3.0	--	0.002	1	Analytical or derived from analytical	--	05/2014
18:4 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
20:2 n-6 c,c ¹	g	0.003	--	0.000	0	0	3.0	0.001	0.004	1	Analytical or derived from analytical	--	05/2014
20:3 undifferentiated ¹	g	0.009	--	0.000	0.01	0.01	3.0	0.008	0.011	1	Analytical or derived from analytical	--	05/2014
20:3 n-6 ¹	g	0.009	--	0.000	0.01	0.01	3.0	0.008	0.011	1	Analytical or derived from analytical	--	05/2014
20:4 undifferentiated ¹	g	0.019	--	0.001	0.02	0.02	3.0	0.015	0.022	1	Analytical or derived from analytical	--	05/2014
20:5 n-3 (EPA) ¹	g	0.001	--	0.001	0	0	3.0	-0.001	0.003	1	Analytical or derived from analytical	--	05/2014
22:4 ¹	g	0.005	--	0.000	0	0	3.0	0.004	0.005	1	Analytical or derived from analytical	--	05/2014

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22:5 n-3 (DPA) ¹	g	0.005	--	0.001	0	0.01	3.0	0.003	0.008	1	Analytical or derived from analytical	--	05/2014
22:6 n-3 (DHA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total trans	g	0.815	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fatty acids, total trans-monoenoic	g	0.683	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Cholesterol ¹	mg	30	--	--	27	33	1.0	--	--	1	Analytical or derived from analytical	--	05/2014

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17g, 2013 Beltsville MD